

January /
February
2015

The Smith Sentinel



**GREENSBORO
PARKS AND
RECREATION**

All programs are open to Guilford County residents ages 55 and better and are located at Smith Senior Center unless noted.

**Mabel D. Smith
Senior Center
336.373.7564**

**2401 Fairview St.
Greensboro, NC
27405**

**www.greensboro-
nc.gov/Seniors**

**www.facebook.
com/
smithseniorcenter**

Hours:

**Mon - Thurs
8 am - 8 pm**

**Friday
9 am - 8 pm**

**Saturday
9 am - 12 noon**

**SMITH SENIOR
CENTER WILL BE
CLOSED:**

**January 19
for
Martin Luther
King, Jr.
Day**

Happy New Year!

January Activities

Genealogy Class — Jan 7, 10 am, Free.

Martha Stanley will give you tips on how to start researching your family tree in this class.

CaptionCall Demo — Jan 13, 10 am, Free.

Samantha Lawing with Hearing Solutions will demo a CaptionCall telephone for those who have trouble hearing on the phone.

Retirement Planning Seminar — Jan 14, 10 am, Free.

Presented by Glenn Mosseller with Roadmap Financial Consulting, take the mystery out of retirement income planning.

New! Garden Club Meeting — Jan 15, 10 am.

We would like to plant a garden on our property and grow our own fruits, vegetables and beautiful flowers. Join us and share your ideas as we kick off our new Garden Club.

Movie: "Maleficent" — Jan 16, 1 pm, Free.

A vengeful fairy is driven to curse an infant princess only to discover that the child may be the one person who can restore peace to their troubled land. Based on Disney's *Sleeping Beauty*, stars Angelina Jolie. (2014)

Bingo — Jan 20, 9:30 am, Free.

Join us for fun, fellowship and bingo! Prizes for winners. Sponsored by Personal Care Inc.

Lunch Bunch — Jan 20, 11:30 am. We will meet at The Porter House Bar & Grill on Market St. A van will leave Smith Senior Center at 11:15 am. Please call 373-7564 to register.

Questions about Housing Options — Jan 21, 10 am, Free. Presented by Warmath Realty and CFL Mortgage, a panel composed of a home health provider, attorney, realtor and lender will answer questions about your future housing needs and concerns. You'll receive a handout with useful information.

Protecting Your Identity — Jan 28, 10 am, Free. Presented by Ronald Brodrick with Ameriprise Financial Services, learn how to protect yourself against identity theft.

Health Rhythms Demo — Jan 29, 10 am, Free. Presented by music therapist, Jane Maydian, learn more about Health Rhythms group drumming, a research-based program that has demonstrated health benefits including reduced stress, increased immunity, and an opportunity for community connections.

Valentine Wreath Class — Jan 29, 1 pm, \$10.

Back by popular demand, we will make mesh wreaths for Valentine's Day. Pre-registration is required. Please register and pay in person at the front desk.

February Activities

Stress-Free Quilting Class — Tuesdays, 1-3 pm, Feb 3 - March 31, Free Taught by Paula Becker, space is limited. Please call 373-7564 to register.

Birthday Potluck Lunch & Bingo — Feb 3, 11:30 am. Everyone is invited to celebrate those with Jan and Feb birthdays. Bring a covered dish to share, and one bingo prize to play.

AARP Smart Driver Class — Feb 4, 10 am-2 pm.

The class is \$15 for AARP members, and \$20 for non-members. Please bring your AARP card with you to class. Payment is due prior to start of class. Please call 373-7564 to register.

Seniors Acting Workshop Q&A — Feb 5, 10 am.

Learn more about this workshop that introduces fun, creative and non-intimidating movement exercises, improvisations and scene study.

The Medicaid Process Q&A — Feb 11, 10 am.

Join elder law attorney, Ryan McNeill as he discusses the Medicaid application process and legal options to protect your assets.

Valentine's Dessert Social — Feb 13, 1 pm, Free.

Nothing says Valentine's Day like chocolate and this dessert social will satisfy your chocolate craving, complete with a chocolate fountain!

BP & Bingo — Feb 17, 9 am, Free.

Join us for fun, fellowship and bingo! Prizes for all winners. A nurse from Personal Care Inc. will provide blood pressure checks beginning at 9 am.

Lunch Bunch — Feb 17, 11:30 am.

We will meet at Ichiban Grill Supreme Buffet on High Point Rd. A van will leave Smith Senior Center at 11:15 am. Please call 373-7564 to register.

Canyon Country Slideshow — Feb 18, 10 am.

We are planning a trip to Arizona, Utah and Nevada September 3-11, 2015. A representative from Collette Vacations will present a slideshow detailing the trip and answer any questions you have. Trip brochures are at the front desk.

Top 10 Mistakes When Buying or Selling a Home

Feb 19, 12 noon, Free. Buying or selling a home is confusing enough, but seniors have different concerns and needs. Registration is required. Lunch is provided. Call 373-7564 to register.

Movie: "Dolphin Tale" — Feb 20, 1 pm, Free.

A story of the friendship between a boy and a dolphin whose tail was lost in a crab trap. (2011)

What is Chiropractic? Q&A — Feb 25, 10 am.

Dr. Christopher Harris with Williams Chiropractic will answer your questions and provide information on the many benefits of chiropractic care and how it can help you become a happier and healthier you.

FITNESS

Fitness Room Membership | Ages 55+: \$60/six months; Ages 18-54: \$70/six months
Membership includes Orientation, Personal Training sessions, and Fitness Testing by certified professionals.

Fitness Room Hours Monday - Thursday 8 am - 7:45 pm | Friday 9 am - 7:45 pm
Saturday 9 - 11:45 am

Pickleball **Inside** — Mondays: 10 am - 12 noon (Ages 55+); **Outside** — Mon. - Sat. during operating hours

Table Tennis Wednesdays: 10 am - 12 noon (Ages 55+) | Fridays: 5:00 - 7:45 pm (Ages 18+)

Bocce, Horseshoes, Shuffleboard and Cornhole Fridays: 10 am - 12 noon (Ages 55+)

Gym Walking The gym is available for walking laps during operating hours, except during classes or other programs. 19 laps = 1 mile

AQUATICS

Senior Swim | \$30 for 30-visit punch card | Ages 55+

Monday, 2 - 4 pm | Open swim

Tuesday, 9:45 - 10:45 am | Lap swimming is allowed in the deep end, side to side. Shallow end is open for non-swimmers.

Tuesday, 2 - 4 pm | Lap swimming is allowed in the deep end, side to side. Shallow end is open for non-swimmers.

Wednesday, 2 - 4 pm | Open swim

Thursday, 9:45 - 10:45 am | Lap swimming only, full length of pool.

Thursday, 2 - 4 pm | Lap swimming is allowed in the deep end, side to side. Shallow end is for non-swimmers.

Water Aerobics Classes — Vivian Sloan, Instructor | Ages 55+

Shallow End | **Monday & Wednesday** | **8:15 - 9:15 am** | **Jan 5 - Mar 11** | **\$95**

Arthritis Foundation Aqua Program | **Mon, Wed & Fri** | **10 - 11 am** | **Jan 5 - Mar 13** | **\$145**

Evening Splash | **Monday & Wednesday** | **5 - 6 pm** | **Jan 5 - Mar 11** | **\$95** (Ages 18+)

Shallow End | **Tuesday & Thursday** | **8:15 - 9:15 am** | **Jan 6 - Mar 12** | **\$100**

Shallow End | **Tuesday & Thursday** | **11 am - 12 noon** | **Jan 6 - Mar 12** | **\$100**

Water Fitness Class — Cathy McClellan, Instructor | Ages 18+

These classes are for beginners to advanced fitness levels. Ability to swim is not a requirement. Spice up your water routine with noodles and weights, deep water (optional), circuit training and more.

Jan 13 - Mar 5 | **Tuesdays & Thursdays** | **5:45 - 6:30 pm** | **\$80**

CLASSES

Beginner Zumba! — Janet Pollock, Instructor | Ages 18+

Mondays | **6:15 - 7 pm** | **FREE**

Try this easier, gentler version of Zumba! for beginners or to add variety to your workout routine.

Line Dance — Mike Summers, Instructor | Ages 18+

Tuesdays | **6:15 - 8 pm** | **\$6 per class**

Learn basic steps and techniques through verbal cues and demonstrations.

Kung-Fu Pai-Lum — Dennis Makool, Instructor | Ages 12+

Tuesdays & Thursdays | **6:15 - 8 pm** | **\$30 per month**

This Chinese martial art teaches self-defense, focus, balance, respect and improves your physical condition.

Chair Yoga — Ellen Ammirato, Instructor | Ages 55+

Tuesdays | **11:30 am - 12:15 pm** | **FREE**

Fridays | **9:15 - 10 am** | **FREE**

Try this gentle form of yoga that is practiced either sitting in a chair or on a mat on the floor.

Yoga on the Mat — Ellen Ammirato, Instructor | Ages 55+

Wednesdays | **1:30 - 2:15 pm** | **FREE**

Try this traditional yoga class that is practiced on a mat on the floor.

S E R V I C E S

AARP Tax-Aide Service – The AARP Foundation will provide free income tax services to taxpayers with low and moderate incomes, with no age requirement. Appointments are available on **Wednesdays, Feb 5 to April 15**, 9 am - 6 pm, and **Fridays, Feb 6 to April 10**, 10 am - 6 pm. Please call 373-7564 for an appointment.

Blood Glucose and Blood Pressure Checks, 10 am — **Jan 28** and **Feb 25**. UNCG's School of Nursing provides free blood glucose and blood pressure checks.

BP and Bingo, 9 am — **Feb 17**. Personal Care Inc. will provide free blood pressure checks before bingo, every other month, beginning at 9 am.

Grief Support Group, 6 pm — **January 12, 26** and **Feb 9, 16, 23**. Sponsored by Lambeth-Troxler Funeral Home, the support group is free and open to the public.

Hearing Loss Group, 6 pm — **Jan 14** and **Feb 11**. Sponsored by the NC Division of Services for the Deaf and Hard of Hearing, the group is free and open to the public.

Hearing Screenings, 10 am — **Feb 10**. Hearing Solutions provides free hearing screenings on the 2nd Tuesday every other month. Call 373-7564 for an appointment.

Insurance Counseling — The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about their Medicare options. An insurance counselor can meet with you by appointment at Smith Senior Center by calling 373-4816 ext. 253.

Legal Services, 10 am — **Jan 9** and **Feb 5**. Legal Aid of NC provides free legal services to eligible seniors each month. Call 398-1716 or 398-1731 to schedule an appointment.

Osteoporosis Group, 1:30 pm — **Jan 8** and **Feb 12**. The group meets the 2nd Thursday of the month to discuss awareness, prevention and creative management of this chronic illness. Facilitated by a Licensed Professional Counselor, the group is free and open to the public.

A. H. O. Y.

Add Health to Our Years

FREE low-impact aerobics classes for ages 55+

Class Location, Days and Times

Smith Senior Center 2401 Fairview St.	M, W, Th, S W	9:15 am 5:30 pm
Lewis Recreation Ctr. 110 Forest Lawn Dr.	M, W, F	9:15 am
Leonard Recreation Ctr. 6324 Ballinger Rd.	M, W, F	10:30 am
Brown Recreation Ctr. 302 East Vandalia Rd.	Tu, Th	9:15 am
Peeler Recreation Ctr. 1300 Sykes Ave.	Tu, Th	10:30 am
Griffin Recreation Ctr. 5301 Hilltop Rd.	Tu, Sat	10:30 am
Glenwood Recreation Ctr. 2010 Coliseum Blvd.	Th	10:30 am
Lindley Recreation Ctr. 2907 Springwood Dr.	Tu, Th	2:15 pm

T R I P S

Temple Theatre — Sanford, NC Thursday, March 12

We will depart Smith Senior Center at 11 am and return around 5:30 pm. We will have lunch at Golden Corral in Sanford before heading to the Temple Theatre to see **Ring of Fire**, a show that takes you into the world of Johnny Cash. The cost of the trip is \$40 which includes transportation and show. Lunch is on your own. Registration begins **Friday, January 16 at 9 am**.

How to Register:

- Registration must be made in person
- Payment by cash or check is due at the time of registration
- A simple health form must be completed and is good for one year
- You may register yourself and one other person as long as all paperwork is completed and payment is made

CHAIR FITNESS CLASSES

These 30 minute classes are open to all skill levels.

Mondays, 8:30 am
Tuesdays, 5:30 pm
Wednesdays, 8:30 am
Thursdays, 8:30 am
Saturdays, 9 am

Better Balance
Full Body/Strength
Better Balance
Better Balance
Arthritis

GREATER GREENSBORO SENIOR GAMES 2015

Make plans to participate in the
2015 Greater Greensboro Senior Games
April 7 - May 14

Registration forms will be available by February 1st.

Deadline to register is March 6.

For more information call 373-7564 or visit
www.greensboro-nc.gov/seniorgames

Volunteer with Smith Senior Center and Serve Your Community

Honey Bee Helpers — Mondays 10 am-12 pm

A chapter of the Busy Bee Crafters of Greensboro, Inc., the group crochets, knits, and sews items for the clients/patients of Beacon Place, Hospice, Kids Path, and Women's Hospital of Greensboro.

Quilting Club — Wednesdays 1-3 pm

All of the quilts made by the Quilting Club are donated to residents of local nursing homes and newborns at Women's Hospital of Greensboro. You are welcome to bring your own sewing machine or sew by hand.



Smith Senior Center
2401 Fairview Street
Greensboro, NC 27405
www.greensboro-nc.gov/seniors
www.facebook.com/smithseniorcenter

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RETURN SERVICE REQUESTED

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Attractions Dining and Value Guide

Help Smith Senior Center buy a flat screen TV and save money!

Personal Care Inc. is selling the **2014-15 Attractions Dining and Value Guide** to benefit Smith Senior Center. The Attractions Dining and Value Guide is a money-saving coupon book with thousands of dollars in Buy One, Get One Free and discount coupons from the area's best restaurants and retailers. Coupons are valid NOW through December 31, 2015. By using just 2 or 3 coupons at your favorite restaurants and stores, the book easily pays for itself. Attractions books make great gifts for birthdays, graduation, new job, anniversary and Christmas!

The cost of each book is \$25.00.

Books are available at Smith Senior Center and Personal Care Inc., located at 1 Centerview Drive, Suite 202. You may pay with cash or check made payable to Personal Care Inc.

If you would like to receive The Smith Sentinel newsletter by email instead of regular mail, please send an email to jennie.matkins@greensboro-nc.gov and request to be added to the Newsletter email list.

Inclement Weather

In the event of bad weather, it may be necessary to cancel programs and classes or close the Smith Senior Center. Please use the following guidelines before heading out:

If Guilford County Schools are **closed**, ALL programs and classes are cancelled.

If GCS are on a **2-hour delay**, ONLY morning programs and classes are cancelled.

If GCS are on a **1-hour delay**, all programs and classes will operate normally.